

## Jobs that teens CANNOT do:

### 14 and 15 year-olds CANNOT:

- Operate, set up, adjust, clean, oil, or repair power-driven food slicers, grinders, choppers, cutters, or bakery mixers.
- Load or unload trucks or conveyors.
- Work in freezers or meat coolers.
- Do work while elevated above floor level. No standing on a window sill, ladder, scaffold or similar equipment.
- Work in boiler or engine rooms.
- Work in a warehouse.
- Operate motor vehicles.

### 16 and 17 year-olds CANNOT:

- Operate power-driven meat slicers.
- Operate power-driven woodworking machines including saws and shears.
- Operate power-driven paper product machines.
- Work on a roof.
- **16 year-olds cannot** operate a motor vehicle.
- **17 year-olds can** operate motor vehicles under some conditions.
- Be an outside helper on a vehicle.

# The only Great job is a safe *job*

Getting hurt at work can keep you  
from doing the things you love.



Arkansas Department of Labor  
10421 W. Markham  
Little Rock, AR 72205-2190  
501-682-4523  
<http://www.arkansas.gov/labor/>

For information about age restrictions  
or hour restrictions for teenagers, call  
the Labor Standards Division  
at 501-682-4500

# U B Safe

In  
Retail Sales  
Jobs



Mike Huckabee  
Governor

James Salkeld  
Director

## Here are some things you can do to keep from getting hurt at work...

- 1) Know and follow all the safety rules and work procedures --- they're there because someone has already been hurt doing that.
- 2) Use all work equipment and safety equipment correctly --- ask your supervisor if you have any questions about doing it right!
- 3) Look out for your co-workers --- so they won't get hurt either.
- 4) Know what to do in emergency situations.
- 5) Tell your supervisor if you see something that is unsafe!
- 6) Don't do any jobs you haven't been trained to perform.



*Getting hurt at work can keep you from doing the things you love.*

Hazard	How to B Safe
<b>Falls</b>	<p>Don't run in the store.</p> <p>Don't jump up on or off of elevated areas.</p> <p>Keep floors as dry as possible.</p> <p>Keep cabinet doors and drawers closed.</p> <p>Keep aisles and doorways clear.</p> <p>Always watch where you are going...surprises are everywhere.</p> <p>Don't carry things in front of your face...so you can't see where you're going.</p> <p>Never work more than 4 feet off the ground without fall protection</p>
<b>Violent Crimes</b>	Don't work alone or isolated from others.
<b>Back Injuries</b>	<p>Get help when lifting heavy, awkward, or bulky things...use the buddy system.</p> <p>Don't bend over at the waist or twist when lifting.</p>
<b>Chemical Hazards</b>	<p>Know the hazards of the chemicals you use.</p> <p>Know the procedures for using the chemicals properly.</p> <p>Don't use different chemicals together or mix chemicals together.</p> <p>Wear the personal protective equipment that is designated for that chemical.</p>
<b>Bloodborne Diseases</b>	<p>Don't touch someone else's blood or needles.</p> <p>Only people who are trained in bloodborne pathogens and proper procedures can clean up blood.</p> <p>Wear liquid-resistant gloves if you have to clean up bloody messes.</p>
<b>Electrocution</b>	<p>Don't operate any equipment unless you're authorized to use it!</p> <p>Don't try to clean any equipment unless it has been disconnected from its power supply!</p>

